



eNews May 2026

May 2026 Prayer Calendar in separate attachment

A word from an MCF member who's a wife and mother



Hi, my name is Cath Neuhaus and I have been a member of the MCF for over 10 years, but intimately involved with it for over 20 years, helping my husband Steve run an off base Family Fellowship group in Townsville. Steve and I have both served in the military for over 40 years each, so understand a bit about military life. When my children were young, I was in the Army Reserve and part of a unit with a lot of other young families, so we developed an informal support network where we helped each other look after children when we had work commitments.

When Steve joined the Army full time as a Chaplain in 2004, we moved to Townsville and as a family were dislocated from our normal family and friend networks. It was an exciting but challenging time for us as a family, as we had to leave our eldest son in Yass, and our two younger children, including one with a disability, had to start at new schools and make new friends.

I think what made the transition a bit easier was being part of a church when we first moved to Townsville. The congregation welcomed us with open arms and today we still keep in touch with some of the military members in that congregation. Steve saw a need to support military families, and not just the member, so we set up the Family Fellowship group, which was held at our house. This involved a shared meal and Bible Study. We sometimes had more kids than adults, which added to the mayhem, but helped break the ice for some new families. During COVID, we reinvigorated our MCF Small Group and Bible Study, but held it via zoom as we were scattered around Australia. This demonstrated that making friends in the military can be a lifelong support for each other.

One of the other groups that I was part of up in Townsville was [Solid Rock](#), a Christian support group for military spouses. This was in its fledgling stages, and was a wonderful support for young mums who were often dislocated from family and friends.

Today, I am still involved in both groups, as assistant treasurer for the MCF, and a member of Solid Rock. Both these organisations rely on donations to keep going. As we near the end of the financial year, you can make a tax deductible [donation](#) to MCF by hitting the blue donation link. (There are more donation options below the big green button in the link.) *Donations over \$2 are tax deductible.*

Photo: Steve and Cath at the 40th Anniversary of MCF-A function at Government House Canberra in May 2024.

Email issues

The MCF-A Office has been having **issues sending emails to some non-Defence email addresses**. It seems some emails think we are spam. To solve this, some emails will be sent via the MCF-A gmail account, but it may be a day or two late. If you feel you've missed some MCF emails please check your spam folder and also let the MCF Office know. This also applies to those on the Word @ Work mailing list. Not on the Word @ Work mailing list but would like to receive a weekly short reflection/devotion, email the office to be added to the distribution list.

A DEFGRAM has just been released stating Defence is working on solving this issue in the coming 5 weeks.

ANZAC Day reflection in case you missed it



On ANZAC Day, we remember those who served and those who stood beside them.

Anglican Bishop to the Australian Defence Force, Grant Dibden shares the story of Chaplain George Green, an Australian Army chaplain who served unarmed at Gallipoli.

"He Stayed" for those around him to offer support and care in their greatest time of need.

Greater love hath no man than this, that a man lay down his life for his friends. John 15:13

You will find the video here but note it is on YouTube so can only be viewed on a personal device: [Homepage - Defence Anglicans](#)

Various online devotionals from Bible Society

Feel free to use and share these great online devotionals from our wonderful partner Bible Society Australia, who also supply Defence, free of charge, with ADF Bibles and other Defence branded Christian material.

You may even like to use these devotionals as a frame for your MCF-A Bible Studies

[Bible.com.au: Access and engage with the Bible](#)

National Day of Prayer for Defence

A big thank you to those groups who've held a National Day of Prayer for Defence event, or will be hosting something before the end of June. If you'd like to get your MCF Small Group, Church, School or Bible Study group involved, there's still time, head to the [MCF-A webpage](#). It is asked all National Day of Prayer for Defence activities are completed by end of June if possible.



Some of the gathered on Saturday 18th April at RMC Chapel Duntroon ACT, which included people joining from around Australia and overseas online. Fellowship over a light lunch concluded the event.



Some of those gathered at Gallipoli Barracks Qld. People travel from all over to enjoy the prayers and fellowship.

Operation Kudu items on display at the AWM



Chaplain Skipper has kindly let us know that some of the items he has given to the Australian War Memorial from his time deployed on Operation Kudu are currently on display at the AWM. This includes two of the letters kindly written to Ukraine soldiers by members and supporters of MCF-A. If you know of someone who wrote letters and sent them to the MCF-A Office, please let them know about this display. Special thanks to Bible Society Australia who sent over a substantial amount of ADF Christian material to support Chaplain Skipper's deployment and into the future.

From the AWM: Crosses and two of the Ukrainian community letters will be featured in the temporary exhibition on Operation Kudu, titled Operation Kudu: Supporting Ukraine. The exhibition will be on display in the new Anzac Hall at the Australian War Memorial in Canberra from late March to early September 2026. Operation Kudu: Supporting Ukraine continues the Australian War Memorial tradition of exploring contemporary stories of war and highlights the valuable contribution Australian service personnel are making in a conflict continuing to unfold.

ANZAC Way walk – walking veterans toward spiritual health and wellbeing



Walking with Veterans toward spiritual health & wellbeing
anzacway.org.au

ANZAC Way 2026 is a Veteran focussed Australian pilgrimage – an Australian journey from country to coast. The pilgrimage starts at Kapooka (Army), passes through RAAF Wagga Wagga (Air Force), the Australian War Memorial, HMAS Albatross and concludes at HMAS Creswell (Navy). The ANZAC Way links these sites through a curated route to recognise the shared heritage of those who have served by land, air, and sea, and the enduring spirit that unites the veteran community.

The Department of Defence & Veterans Affairs includes spirituality as a factor affecting mental health and wellbeing(1). ANZAC Way acknowledges health and wellbeing are not complete without tending to the soul, and aims to focus on three wellbeing factors; 'meaning & spirituality', 'social support & connection' and 'health'. Our pilgrimage offers participants a new way to foster connection, meaning, and renewal among veterans – walking together through the landscapes that shaped our national story and our shared service.

For more info or to follow the walk click the link in the photo above.

Other items that may be of interest

Equine Therapy

This program is based in Victoria just outside Melbourne but please spread the word or ask if you can join if you are based in the area for a month or two with easy public transport to the venue.

FROM THE HORSES MOUTH



By way of introduction, I am Bob Menadue, a military veteran, Welfare Officer with the Heathcote RSL Sub Branch and a project manager with the an equine therapy program designed to assist veterans, their families and their supports.

The program is a consortium of Central Church, Heathcote RSL, Equestique Horse Riding, and Healinghoofs, harnessing the expertise of many through collaboration. We aim to create an environment for Veterans to engage socially encouraging mutual support through shared life experience. Participants will gain new skills to manage depression/anxiety, and understanding via psychoeducation. It provides opportunities for veterans to foster intergenerational connections with senior veterans, builds peer relationships that last beyond the program, connects them to ongoing well-being services, and local community. The program is easily accessible and one of the only in the northern region, and with public transport.

NOTE: There is no actual horse riding involved with this therapy, but working with horses is very much a part of it.

If you have any questions, please do not hesitate to contact me.

www.equestique.info

NOTE: The MCF-A Office have some excellent flyers that can be emailed to you, just let the office know. Bob is a long-time supporter of MCF-A. This content is for info only and is not a program endorsed by MCF-A.

National Day of Prayer (for Australia)

NATIONAL DAY OF PRAYER

*JOSHUA TOLD THE PEOPLE,
"CONSECRATE YOURSELVES, FOR TOMORROW THE
LORD WILL DO AMAZING THINGS AMONG YOU."
JOSHUA 3:5*



Consecration

23 MAY 2026 | 10 AM - 4 PM

The theme this year is based on Joshua 3:5 (NIV) and is "Consecration".

May we join together in unity with churches of all denominations Australia wide to worship, pray and wait on our Lord to hear from Him on the National Day of Prayer, Saturday 23 May 2026. We encourage you to organise a combined church event or a single church event in your neighbourhood.

This will be a day of adoration and praise, honouring Jesus Christ as our Creator and Lord, repentance, and renewal, taking communion together, and prayer for our national and church leaders, for harvesters and disciple makers, and to lay down our lives and our nation before God.

REGISTER HERE: www.australiaprays.com.au

Find a location near you (dates may be different), or for more info: [NDOP Locations 2026 | Australia Prays](#)

Join a Christian Celtic UK trip – only a few spots left



[Walking the Celtic Way
selah.au](http://selah.au)

A 17-day journey through the sacred landscapes of Scotland and northern England, as we walk in the footsteps of saints like Cuthbert, Aidan, Bede, and Hilda. Beginning in Edinburgh, this pilgrimage traces the peaceful paths of the St Cuthbert's Way and St Bede's Way, winding through rolling hills, ancient woodlands, and historic villages. We visit Holy Island (Lindisfarne), Durham, Whitby, and Canterbury—each a rich spiritual landmark in the story of Celtic and early English Christianity.

Led by a Bible-trained guide (the Chair of MCF-A), this tour offers daily opportunities for prayer, reflection, and spiritual conversation (optional), with comfortable accommodations, daily breakfasts, lots of dinners, and local insights along the way. Whether standing in the ruins of Lindisfarne Priory or praying in Canterbury Cathedral, you'll experience the quiet beauty of pilgrimage—where every step deepens your walk with God.

More info can be found by clicking the link in the picture.

Passing of loyal 109yr old Christian UK WW2 Vet

Military Ministries International is one of MCF-A's overseas partners. We pass on our condolences to Rev Chester and family.

We give thanks for the life, faith and work of **Frank Chester** who died at the age of 109 last weekend. The Royal British Legion said he could have been the oldest surviving WW2 Veteran.

Frank, father of MMI Chair of Trustees Rev. Mark Chester, served in the Royal Navy and was awarded a DSC for "continuous bravery in the face of on-going danger". Impressively when he was 100, he was still working at his local food bank – and of course was an MMI supporter.

In an interview on his 107 birthday Frank said

"The Lord has been very kind to me every day, I say my prayers every morning and thank him that he has given me another day".

Our thoughts and prayers are with the whole family.

If you would like to know more click the link to hear a 4 minute interview with his daughter, which includes details about his war experience in the Royal Navy.

[Oldest WW2 veteran' from Malvern dies aged 109 - BBC News](#)

Sue Millard

www.mmi.org.uk

Other items

Have you posted or moved house? Are you deploying or away from home for a few months or longer? Posted or moved, please update your details [HERE](#)

Deploying or on a long exercise? MCF-A would love to support and pray for you while you're away. Let us know at: mcf.office@defence.gov.au

Membership

[Membership](#) is free and **open to every Christian**. If you've not had an association with Defence or you don't identify as Christian you can be an associate member via the same link.

Donations MCF is supported almost entirely through freewill donations by members and supporters.

Please look at Supporting MCF in prayer, with your time, and through [financial support](#). (Direct debit preferred – details below the big green DONATE button on the webpage link)

Note that donations (over \$2) to MCF-A are tax deductible.

Prayer requests

To put forward prayer points for inclusion in the calendar please email the MCF Prayer Coordinator [Daniel](#) or the MCF Office. You can also send through **urgent prayer points** that are sent on confidentially to the MCF Prayer Warriors, OR to enquire about becoming an MCF Prayer Warrior, contact the MCF Office or Daniel.

Contacting the MCF Office

PHONE: 02 6132 7845 EMAIL: mcf.office@defence.gov.au You can also find us on Facebook.

Can you spare the cost of a coffee a month?

The MCF Exec know times are hard for most at present but they're asking for each MCF member and supporter to **give the cost of a coffee a month (or more if you can) to help cover the rising cost of running MCF-A**. The Exec have purchased better insurance to make sure all members and supporters are covered for events and that MCF Reps and others have proper insurance cover for running the Small Groups. ***This is good governance, but it also costs.*** MCF-A doesn't get funding from Defence as almost all of its funding comes from members and supporter donations.

All donations over \$2 are tax deductible .

You can [DONATE](#) here and follow the options on the page, or below the big green button if you'd rather direct debit into the MCF account ***remembering to put your name in the description/reference line.***

No donation is too small, and you can do regular or one off donations.

If all our members gave a cup of coffee a fortnight we'd meet the budget.